

Miss Kittys Hush Puppies

Kitty Chaffin - Columbia, TN

Treasure Classics - National LP Gas Association - 1985

Servings: 6

*1 egg, beaten
1 cup self-rising meal
1/2 cup self-rising flour
1/2 teaspoon salt
1 teaspoon sugar
5 dashes tabasco sauce
3/4 cup buttermilk
1/2 cup cheddar cheese,
grated
3/4 cup onion, chopped*

Preparation Time: 10 minutes

Bake Time: 10 minutes

In a bowl, beat the egg with a fork. Add the meal, flour, salt, sugar, Tabasco and buttermilk. Mix well. Add the cheese and onions. Let set while the fish are cooking.

When the fish are done, stir down the hush puppy mixture and drop by teaspoonfuls into the oil where the fish were cooked.

Cook until brown on one side. Flip over. Cook until brown on the second side.

Remove and serve.

Per Serving (excluding unknown items): 110 Calories; 4g Fat (35.9% calories from fat); 6g Protein; 12g Carbohydrate; 1g Dietary Fiber; 46mg Cholesterol; 415mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.